In The Claims:

1. (Once Amended) A system for selectively accessing video data and page data, comprising:

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a format manager for manipulating said video data and said page data; and a processor, coupled to said format manager for controlling said format manager, whereby said video data and said page data are simultaneously shown on a display device, said video data being displayed within a video window.

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5. (Once Amended) The system of claim 4 wherein said set top box includes said processor and said format manager.

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9. (Once Amended) The system of claim 8 wherein said format manager selectively positions said video tag to vertically locate said video window on said display device.

- 20. (Once Amended) A system for selectively accessing video data and page data, comprising:
 - a format manager for manipulating said video data and said page data, said format manager copying said page data to create duplicate page data, inserting a video tag into said duplicate page data, and selectively positioning said video tag to vertically locate a video window on a display device, said duplicate page data being scrollable with reference to said video window on said display device, said format manager computing a current reference position each time said duplicate page data is scrolled, said current reference position being computed by combining a prior reference position and a scroll value, said scroll value being positive when said duplicate page data is scrolled down, said scroll value being negative when said duplicate page data is scrolled apwards; and
 - a processor, coupled to said format manager for controlling said format manager, whereby said video data and said page data are simultaneously shown on said display device.
- 21. (Once Amended) A method for selectively accessing video data and page data, comprising the steps of:

manipulating said video data and said page data using a format manager; and

- controlling said format manager using a processor, whereby said video data and said page data are simultaneously shown on a display device, said video data being displayed within a video window.
- 22. (Once Amended) The method of claim 21 wherein said page data is obtained from a distributed electronic network and said video data is obtained from a video source.

- 23. (Once Amended) The method of claim 22 wherein said distributed electronic network is an Internet network.
- 24. (Once Amended) The method of claim 21 wherein said display device is a television set controlled by a set top box.
- 25. (Once Amended) The method of claim 24 wherein said set top box includes said processor and said format manager.
- 26. (Once Amended) The method of claim 25 wherein said set top box is controlled by a wireless remote control device.
- 27. (Once Amended) The method of claim 21 wherein said format manager copies said page data to create duplicate page data.
- 28. (Once Amended) The method of claim/27 wherein said format manager inserts a video tag into said duplicate page data.
- 29. (Once Amended) The method of claim 28 wherein said format manager selectively positions said video tag to vertically locate said video window on said display device.
- 30. (Once Amended) The method of claim 29 wherein said video tag includes window information for sizing and horizontally positioning said video window.
- 31. (Once Amended) The method of claim 29 wherein said format manager reformats said duplicated page data to avoid said video window.
- 32. (Once Amended) The method of claim 29 wherein said processor displays said duplicated page data on said display device.

- 33. (Once Amended) The method of claim 29 wherein said format manager maintains said video window in a stationary position on said display device.
- 34. (Once Amended) The method of claim 29 wherein said video window is selectably positionable on said display device.
- 35. (Once Amended) The method of claim 29 wherein said video window is selectably sizeable on said display device.
- 36. (Once Amended) The method of claim 29 wherein said duplicate page data is scrollable with reference to said video window on said display device.
- 37. (Once Amended) The method of claim 36 wherein said format manager computes a current reference position each time said duplicate page data is scrolled.
- 38. (Once Amended) The method of claim 36 wherein said format manager uses said current reference position as a reference point for locating said video window.
- 39. (Once Amended) The method of claim 37 wherein said current reference position is computed by combining a prior reference position and a scroll value.

40. (Once Amended) A method for selectively accessing video data and page data, comprising the steps of:

manipulating said video data and said page data using a format manager, said format manager copying said page data to create duplicate page data, inserting a video tag into said duplicate page data, and selectively positioning said video tag to vertically locate a video window on a display device, said duplicate page data being scrollable with reference to said video window on said display device, said format manager computing a current reference position each time said duplicate page data is scrolled, said current reference position being computed by combining a prior reference position and a scroll value, said scroll value being positive when said duplicate page data is scrolled down, said scroll value being negative when said duplicate page data is scrolled upwards; and

controlling said format manager using a processor, whereby said video data and said page data are simultaneously shown on a display device.

41. (Once Amended) A computer-readable medium comprising program instructions for selectively accessing video data and page data by performing the steps of:

manipulating said video data and said page data using a format manager; and

controlling said format manager using a processor, whereby said video data and said page data are simultaneously shown on a display device, said video data being displayed within a video window.

- 43. (New) A system for selectively accessing video data and page data, comprising: a format manager for manipulating said video data and said page data, said format manager providing a video window on a display device for displaying said video data, said page data being scrollable with reference to said video window by utilizing a scroll value which is positive when said page data is scrolled down, and which is negative when said page data is scrolled upwards; and
 - a processor configured to control said format manager, whereby said video data and said page data are simultaneously shown on said display device.
- 44. (New) The system of claim 43 wherein said format manager positions a video tag to vertically locate said video window on said display device.
- 45. (New) The system of claim \$43\$ wherein said format manager copies said page data to create duplicate page data for displaying on said display device.
- 46. (New) The system of claim 43 wherein said format manager computes a current reference position each time said page data is scrolled.
- 47. (New) The system of claim 46 wherein said current reference position is computed by combining a prior reference position and a scroll value.